

55 Ways to Save Eggs



THIS BOOK IS DESIGNED
TO PROMOTE ECONOMY
IN HOME BAKING
WITHOUT SACRIFICING
APPETIZING QUALITY
AND FLAVOR.

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How Royal Baking Powder Saves Eggs

Many housewives are aware that the use of Royal Baking Powder, a cream of tartar powder, permits a considerable saving in the number of eggs. This advantage possessed by Royal is emphasized by the present high price of eggs, but the saving is a consideration of value all the year round.

In nearly all recipes in which eggs are used the number may be reduced one-half or more, and excellent results obtained by using a small additional quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted. The recipes in this booklet illustrate how this may be done.

Expert cooks have tested these recipes and the delicious products that have been made without eggs, or with one or two eggs when more were used in the Old Way, have shown how the small additional quantity of Royal Baking Powder in place of each egg omitted effects a substantial saving without taking away the good qualities of the food.

Many comparative tests of the quality and cost of foods made at home with Royal Baking Powder and those purchased in the bake-shop, have demonstrated that food made at home is not only of better quality and more economical, but will keep fresh longer. Also there is the added advantage of knowing that the ingredients used are healthful.

The tables of ingredients under the Old Way show by comparison the saving in eggs, shortening and other expensive ingredients by the New Way. The directions apply to the New Way.

CORN BREAD

Old Way

- 1¾ cups corn meal
- ¼ cup flour
- 3 teaspoons Royal Baking Powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 1½ cups milk
- 2 tablespoons shortening
- 2 eggs

New Way

- 1¾ cups corn meal
- ¼ cup flour
- 4 teaspoons Royal Baking Powder
- 1 tablespoon sugar (if desired)
- 1 teaspoon salt
- 1½ cups milk
- 2 tablespoons shortening
- No eggs

Mix the dry ingredients in bowl; add milk and melted shortening; beat well and pour into well greased pan or muffin tins and bake in hot oven about 25 minutes.

NUT BREAD

Old Way

- 2 cups flour
- ⅓ cup sugar
- ½ teaspoon salt
- 1 teaspoon Royal Baking Powder
- ½ cup walnuts
- ¾ cup milk
- 1 egg

New Way

- 2 cups flour
- ⅓ cup sugar
- ½ teaspoon salt
- 2 teaspoons Royal Baking Powder
- ½ cup walnuts
- 1 cup milk
- No eggs

Sift dry ingredients together. Add nuts chopped not too fine; then add milk until you have a soft dough. Put into small greased loaf pan. Allow to stand 20 minutes and bake in moderate oven about 40 minutes.

PEANUT BUTTER BREAD

Old Way

- 2 cups flour
- 2 teaspoons Royal Baking Powder
- 1 teaspoon salt
- ⅔ cup peanut butter
- ½ cup sugar
- 2 eggs
- ¾ cup milk
- 1 teaspoon butter

New Way

- 2 cups flour
- 4 teaspoons Royal Baking Powder
- 1 teaspoon salt
- ⅔ cup peanut butter
- ½ cup sugar
- No eggs
- ¾ cup milk
- 1 teaspoon shortening

Sift flour, baking powder and salt into bowl, add peanut butter and sugar and mix. Add the milk and mix well; add melted shortening. Bake in greased loaf pan in moderate oven 30 to 35 minutes. This is best when a day old. Cut into thin slices, it makes very good sandwiches.

RICE BREAD

Old Way

- 2 eggs
- 1¾ cups milk
- 1½ cups corn meal
- 2½ teaspoons Royal Baking Powder
- 1 teaspoon salt
- 1 tablespoon butter
- ⅔ cup boiled rice

New Way

- 1 egg
- 1¾ cups milk
- 1½ cups corn meal
- 4 teaspoons Royal Baking Powder
- 1 teaspoon salt
- 1 tablespoon shortening
- ⅔ cup boiled rice

Beat egg until very light; add milk slowly; mix well. Add corn meal which has been sifted with baking powder and salt. Mix well and add melted shortening and the rice which has been pressed through a sieve. Bake in greased shallow pan in hot oven 30 minutes. Serve hot with plenty of butter.

ENTIRE WHEAT PRUNE BREAD

Old Way

- 1 cup prunes
- 2½ cups entire wheat or graham flour.
- ¼ cup sugar
- 1 teaspoon salt
- 3 teaspoons Royal Baking Powder
- 1 cup milk
- 1 tablespoon shortening
- 1 egg

New Way

- 1 cup prunes
- 2½ cups entire wheat or graham flour.
- ¼ cup sugar
- 1 teaspoon salt
- 4 teaspoons Royal Baking Powder
- 1 cup milk
- 1 tablespoon shortening
- No eggs

Wash prunes, soak several hours, drain, stone and chop. Mix thoroughly flour, sugar, salt and baking powder; add milk, beat well. Add prunes and melted shortening. Put into greased bread pans, allow to stand 20 to 25 minutes, and bake in moderate oven one hour. (Dates, raisins or nuts may be used instead of prunes.)

OATMEAL BISCUITS

Old Way

- 1¼ cups flour
- ½ teaspoon Royal Baking Powder
- ½ teaspoon salt
- 2 tablespoons sugar
- 1½ cups oatmeal
- 6 tablespoons butter
- 1 egg
- ½ cup water

New Way

- 1¼ cups flour
- 1½ teaspoons Royal Baking Powder
- ½ teaspoon salt
- 2 tablespoons sugar
- 1½ cups oatmeal
- 6 tablespoons shortening
- No eggs
- ¾ cup water

Sift flour, baking powder, salt and sugar together. Add oatmeal, melted shortening and enough water to make a soft dough. Roll out thin on floured board; cut with biscuit cutter and bake in greased pan in moderate oven 20 minutes.

SALLY LUNN

Old Way

- 2 cups flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon salt
- 2 tablespoons butter
- 1 tablespoon sugar
- ¾ cup milk
- 2 eggs

New Way

- 2 cups flour
- 4 teaspoons Royal Baking Powder
- 1 teaspoon salt
- 2 tablespoons shortening
- 1 tablespoon sugar
- 1 cup milk
- 1 egg

Sift flour, baking powder, salt and sugar together into bowl; add milk, well beaten egg and melted shortening; mix well. Pour mixture into well greased pan and bake about 25 minutes in moderate oven.

COFFEE CAKE

Old Way

2 cups flour
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons sugar
 2 teaspoons Royal Baking Powder
 2 tablespoons butter
 $\frac{1}{2}$ cup milk
 2 eggs

New Way

2 cups flour
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons sugar
 4 teaspoons Royal Baking Powder
 2 tablespoons shortening
 $\frac{1}{2}$ cup milk
 No eggs

Mix and sift dry ingredients. Add melted shortening and enough milk to make very stiff batter. Spread $\frac{1}{2}$ inch thick in greased pan, add top mixture and bake about 30 minutes in moderate oven.

TOP MIXTURE

2 tablespoons flour
 1 tablespoon cinnamon

4 tablespoons sugar
 4 tablespoons shortening

Mix dry ingredients; rub in the shortening, and spread thickly over top of dough before baking.

RUSKS

Old Way

$2\frac{1}{4}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons sugar
 3 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon nutmeg
 1 teaspoon cinnamon
 2 tablespoons butter
 3 eggs
 $\frac{2}{3}$ cup milk

New Way

$2\frac{1}{4}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 2 tablespoons sugar
 5 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon nutmeg
 1 teaspoon cinnamon
 2 tablespoons shortening
 1 egg
 $\frac{2}{3}$ cup milk

Sift together flour, salt, sugar, baking powder, nutmeg and cinnamon; rub in shortening; add beaten egg and milk enough to make soft dough; turn out on floured board. Knead very lightly once or twice. Shape into small rolls with floured hands. Lay on greased shallow pan close together. Brush with milk and sprinkle with granulated sugar. Bake in moderate oven 20 to 30 minutes.

PLAIN MUFFINS

Old Way

2 cups flour
 2 teaspoons Royal Baking Powder
 2 tablespoons sugar
 1 teaspoon salt
 1 cup milk
 2 eggs
 2 tablespoons shortening

New Way (Eggless)

2 cups flour
 4 teaspoons Royal Baking Powder
 2 tablespoons sugar
 1 teaspoon salt
 1 cup milk
 No eggs
 2 tablespoons shortening

Mix and sift dry ingredients, add milk and melted shortening and beat until smooth. Bake in greased muffin tins in hot oven 20 to 25 minutes.

CORN MEAL MUFFINS

Old Way

- $\frac{3}{4}$ cup corn meal
- $1\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- 2 eggs
- $\frac{3}{4}$ cup milk
- 2 tablespoons shortening

New Way

- $\frac{3}{4}$ cup corn meal
- $1\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 4 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- No eggs
- 1 cup milk
- 2 tablespoons shortening

Sift dry ingredients together into bowl; add milk and melted shortening and beat well. Bake in greased muffin tins in hot oven about 20 minutes.

ENTIRE WHEAT OR GRAHAM MUFFINS

Old Way

- 2 cups entire wheat or graham flour
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk or water
- 2 teaspoons Royal Baking Powder
- 1 egg
- 2 tablespoons shortening

New Way

- 2 cups entire wheat or graham flour
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon salt
- 4 teaspoons Royal Baking Powder
- milk or water
- No eggs
- 2 tablespoons shortening

Mix thoroughly dry ingredients. Add enough milk or water to make stiff batter. Add melted shortening. Bake in muffin tins 25 to 30 minutes.

BRAN MUFFINS

Old Way

- 1 cup bran
- 1 cup graham flour
- 1 teaspoon salt
- 1 tablespoon brown sugar
- 3 teaspoons Royal Baking Powder
- $\frac{3}{4}$ cup milk
- 3 tablespoons shortening
- 1 egg

New Way

- 1 cup bran
- 1 cup graham flour
- 1 teaspoon salt
- 1 tablespoon brown sugar
- 4 teaspoons Royal Baking Powder
- 1 cup milk
- 3 tablespoons shortening
- No eggs

Mix thoroughly dry ingredients and add milk and melted shortening. Beat until thoroughly mixed and bake in greased muffin tins in hot oven 20 to 30 minutes.

HOMINY MUFFINS

Old Way

- 1 cup cooked hominy
- 1 teaspoon salt
- 2 tablespoons butter
- 2 eggs
- $\frac{3}{4}$ cup milk
- 2 cups flour
- 3 teaspoons Royal Baking Powder

New Way

- 1 cup cooked hominy
- 1 teaspoon salt
- $1\frac{1}{2}$ tablespoons shortening
- 1 egg
- $\frac{3}{4}$ cup milk
- 2 cups corn flour
- 4 teaspoons Royal Baking Powder

Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 to 30 minutes.

RICE MUFFINS

Old Way

- 1 $\frac{3}{4}$ cups flour
- 2 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup boiled rice
- 1 tablespoon butter
- 2 eggs
- 1 cup milk

New Way

- 1 $\frac{3}{4}$ cups flour
- 4 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup boiled rice
- 1 tablespoon shortening
- No eggs
- 1 $\frac{1}{4}$ cups milk

Mix and sift dry ingredients. Add boiled rice and milk; mix well. Add melted shortening, and bake in greased muffin tins in moderate oven 25 to 30 minutes.

APPLE GEMS

Old Way

- 1 cup corn meal
- 1 $\frac{1}{2}$ cups flour
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon salt
- 4 teaspoons Royal Baking Powder
- 1 cup milk
- 4 sour apples
- 1 egg
- 2 tablespoons molasses

New Way

- 1 cup corn meal
- 1 $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons sugar
- 5 teaspoons Royal Baking Powder
- 1 cup milk
- 4 sour apples
- No egg
- 2 tablespoons molasses

Sift together corn meal, flour, salt, sugar and baking powder. Add milk enough to make thick batter. Beat well. Add apples chopped fine and molasses. Bake in hot greased gem pans 15 to 20 minutes.

BERRY MUFFINS

Old Way

- 2 cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup sugar
- 1 $\frac{1}{4}$ cups milk
- 2 eggs
- $\frac{1}{4}$ cup butter
- 1 cup berries

New Way

- 2 cups flour
- 4 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup sugar
- 1 $\frac{1}{4}$ cups milk
- No eggs
- $\frac{1}{4}$ cup shortening
- 1 cup berries

Sift flour, baking powder, salt and sugar together. Add milk; mix well. Add melted shortening and berries which have been dredged with flour. Bake in greased muffin tins in moderate oven 20 to 25 minutes. Serve hot.

DATE MUFFINS

Old Way

- 1 tablespoon butter
- 2 tablespoons sugar
- 1 cup milk
- 2 cups flour
- 2 teaspoons Royal Baking Powder
- 1 teaspoon salt
- $\frac{1}{2}$ pound dates
- 1 egg

New Way

- 1 tablespoon shortening
- 2 tablespoons sugar
- 1 cup milk
- 1 $\frac{3}{4}$ cups flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon salt
- $\frac{1}{2}$ pound dates
- No eggs

Melt shortening and add sugar. Beat until well mixed. Add milk and flour, baking powder and salt which have been sifted together. Add dates which have been pitted and cut fine. Bake in greased muffin tins in hot oven about 25 minutes.

GRIDDLE CAKES

Old Way

- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- 3 teaspoons Royal Baking Powder
- 2 eggs
- 1 cup milk
- 2 tablespoons butter

New Way

- 2 cups flour
- $\frac{1}{2}$ teaspoon salt
- 4 teaspoons Royal Baking Powder
- No eggs
- $1\frac{1}{2}$ cups milk
- 2 tablespoons shortening

Mix and sift dry ingredients. Add milk and melted shortening. Beat well and bake on slightly greased hot griddle.

CORN MEAL GRIDDLE CAKES

Old Way

- $1\frac{1}{2}$ cups corn meal
- $\frac{2}{3}$ cup flour
- $\frac{3}{4}$ cup milk
- $1\frac{1}{2}$ cups boiling water
- 1 teaspoon salt
- 1 tablespoon butter
- 1 tablespoon molasses
- 3 teaspoons Royal Baking Powder
- 2 eggs

New Way

- $1\frac{1}{2}$ cups corn meal
- $\frac{2}{3}$ cup flour
- $\frac{3}{4}$ cup milk
- $1\frac{1}{2}$ cups boiling water
- 1 teaspoon salt
- 1 tablespoon shortening
- 1 tablespoon molasses
- 4 teaspoons Royal Baking Powder
- No eggs

Scald corn meal in bowl with boiling water; add milk, melted shortening and molasses; add flour, salt and baking powder which have been sifted together; mix well. Bake on hot greased griddle until brown.

WAFFLES

Old Way

- $1\frac{1}{2}$ cups flour
- $1\frac{1}{2}$ teaspoons Royal Baking Powder
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon sugar
- 1 cup milk
- 1 tablespoon butter
- 3 eggs

New Way

- $1\frac{1}{2}$ cups flour
- 2 tablespoons corn meal
- 1 teaspoon salt
- 1 tablespoon sugar
- 3 teaspoons Royal Baking Powder
- 2 cups milk
- 1 egg
- 2 tablespoons shortening

Sift together flour, corn meal, salt, sugar and baking powder; add milk and melted shortening. Beat in yolk of egg and fold in well beaten white. Bake in very hot greased waffle-iron.

DOUGHNUTS

Old Way

- 4 tablespoons butter
- $\frac{3}{4}$ cup sugar
- 3 eggs
- $\frac{3}{4}$ cup milk
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 2 teaspoons Royal Baking Powder
- 3 cups flour

New Way

- 3 tablespoons shortening
- $\frac{3}{4}$ cup sugar
- 1 egg
- $\frac{3}{4}$ cup milk
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 3 cups flour
- 4 teaspoons Royal Baking Powder

Cream shortening, add sugar and well beaten egg. Stir in milk. Add nutmeg, salt, flour and baking powder which have been sifted together and enough additional flour to make dough stiff enough to roll. Roll out on floured board to $\frac{1}{2}$ inch thick. Cut out and fry in deep fat hot enough to brown a piece of bread in 60 seconds. Drain on unglazed paper and sprinkle with powdered sugar.

EVERYDAY CAKE

Old Way

- 5 tablespoons butter
- 1 cup sugar
- 3 eggs
- $\frac{1}{2}$ cup milk or water
- $1\frac{3}{4}$ cups flour
- 1 teaspoon Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon extract

New Way

- $\frac{1}{4}$ cup shortening
- 1 cup sugar
- 1 egg
- 1 cup milk or water
- 2 cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon extract

Cream shortening; add sugar, flavoring and well beaten egg. Sift together flour, salt and baking powder and add to the mixture a little at a time alternately with the milk. Bake in loaf, layers or patty pans. May also be used for cottage pudding.

MOLASSES CAKES

Old Way

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ cup milk
- 1 cup molasses
- 2 cups rye flour
- 2 teaspoons Royal Baking Powder
- 1 teaspoon ginger
- 1 teaspoon allspice

New Way

- 4 tablespoons shortening
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup molasses
- No eggs
- $\frac{3}{4}$ cup milk
- 2 cups rye flour
- 4 teaspoons Royal Baking Powder
- 1 tablespoon ginger
- 1 teaspoon allspice
- $\frac{1}{4}$ teaspoon salt

Cream shortening. Add sugar and molasses, beating well. Add half the flour which has been sifted with baking powder, spices and salt. Mix in half the milk and then add remainder of flour and remainder of milk. Mix well and pour into greased individual cake tins and bake in moderate oven about 20 minutes.

EGGLESS, MILKLESS, BUTTERLESS CAKE

(Fruit Cake)

Old Way

- $\frac{1}{2}$ cup butter
- 1 cup brown sugar
- 2 eggs
- 1 cup milk
- 1 cup seeded raisins
- 2 ounces citron, cut fine
- 2 cups flour
- 3 teaspoons Royal Baking Powder
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt

New Way

- 1 cup brown sugar
- $1\frac{1}{4}$ cups water
- No eggs
- 1 cup seeded raisins
- 2 ounces citron, cut fine
- $\frac{1}{3}$ cup shortening
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- 2 cups flour
- 5 teaspoons Royal Baking Powder

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 3 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in loaf pan in moderate oven about 45 minutes.

WHITE ICING

- $1\frac{1}{4}$ cups confectioner's sugar
- 2 tablespoons hot milk
- 1 teaspoon flavoring

- $\frac{1}{2}$ teaspoon Royal Baking Powder
- $\frac{1}{2}$ teaspoon melted shortening

Add milk slowly to sugar; stir until smooth; add melted shortening, flavoring and baking powder. Spread on top and sides of cake.

WHITE CAKE

Old Way

$\frac{2}{3}$ cup butter
 2 cups sugar
 1 cup milk
 whites of 6 eggs
 3 cups flour
 2 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon almond extract
 $\frac{3}{4}$ teaspoon salt

New Way

$\frac{1}{2}$ cup shortening
 2 cups sugar
 1 cup milk
 whites of 3 eggs
 $3\frac{1}{2}$ cups flour
 4 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon almond extract
 $\frac{3}{4}$ teaspoon salt

Cream shortening; add sugar, beating constantly. Sift flour with the baking powder and salt, and add alternately, a little at a time, with milk to the first mixture. Add flavoring; beat thoroughly, and fold in stiffly beaten whites of eggs. Bake in well greased loaf pans in moderate oven about 45 minutes. Cover with white icing (page 10).

GOLD CAKE

Old Way

5 tablespoons butter
 $\frac{3}{4}$ cup sugar
 yolks of 5 eggs
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 2 teaspoons Royal Baking Powder
 1 teaspoon flavoring

New Way

3 tablespoons shortening
 $\frac{3}{4}$ cup sugar
 yolks of 2 eggs
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 3 teaspoons Royal Baking Powder
 1 teaspoon flavoring

Cream shortening; add sugar gradually, and the yolks of the eggs which have been beaten until thick; add flavoring. Sift flour and baking powder and add alternately, a little at a time, with the milk to the first mixture. Bake in loaf pan in moderate oven 35 to 45 minutes. Cover with white icing (page 10).

MARBLE CAKE

Old Way

4 tablespoons butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon lemon extract
 $\frac{1}{4}$ cup milk
 $\frac{3}{8}$ cup flour
 1 teaspoon Royal Baking Powder
 whites of 2 eggs

New Way

3 tablespoons shortening
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon lemon extract
 $\frac{1}{3}$ cup milk
 1 cup flour
 2 teaspoons Royal Baking Powder
 white of 1 egg

Cream shortening and sugar, add flavoring and milk. Add flour which has been sifted with baking powder. Beat well and add beaten white of egg.

DARK PART

4 tablespoons butter
 $\frac{1}{2}$ cup sugar
 yolks of 2 eggs
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup flour
 1 teaspoon Royal Baking Powder
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cinnamon

3 tablespoons shortening
 $\frac{1}{2}$ cup sugar
 yolk of 1 egg
 $\frac{1}{3}$ cup milk
 1 cup flour
 2 teaspoons Royal Baking Powder
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon allspice
 1 teaspoon cinnamon

Cream shortening and sugar; add beaten egg yolk and mix well. Add milk, and flour, baking powder and spices which have been sifted together. Put this by spoonfuls into the white part after it is in the pan; do not mix. Bake three-quarters of an hour in a moderate oven.

SPANISH CAKE

Old Way

$\frac{1}{2}$ cup butter
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
3 teaspoons Royal Baking Powder
1 teaspoon cinnamon

New Way

$\frac{1}{2}$ cup shortening
1 cup sugar
1 egg
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
4 teaspoons Royal Baking Powder
1 teaspoon cinnamon

Cream the shortening, add the sugar, then the beaten egg yolk, and mix well; add alternately, a little at a time, the milk and the flour which has been sifted with the baking powder and cinnamon; fold in the white of egg beaten stiff. Bake in loaf pan from 35 to 45 minutes, or in individual cake tins from 20 to 25 minutes.

CHOCOLATE CAKE

Old Way

6 tablespoons butter
1 cup sugar
3 eggs
 $\frac{1}{2}$ cup milk
2 cups flour
1 teaspoon Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
3 ounces bitter chocolate
1 teaspoon vanilla

New Way

$\frac{1}{4}$ cup shortening
1 cup sugar
No eggs
 $\frac{2}{3}$ cup milk
2 cups flour
3 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
3 ounces bitter chocolate
1 teaspoon vanilla

Cream shortening; add sugar, flavoring and melted chocolate; sift dry ingredients together and add, a little at a time, to first mixture, alternately with the milk; beat well for five minutes. Bake in greased loaf pan 40 minutes in moderate oven.

POTATO CHOCOLATE CAKE

Old Way

1 cup butter
2 cups sugar
 $\frac{1}{2}$ cup chocolate grated and melted
1 cup mashed potatoes
4 eggs
 $\frac{1}{2}$ cup milk
 $2\frac{1}{2}$ cups flour
4 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
1 cup chopped nuts
1 teaspoon vanilla

New Way

$\frac{3}{4}$ cup shortening
2 cups sugar
 $\frac{1}{2}$ cup chocolate
1 cup mashed potatoes
2 eggs
 $\frac{3}{4}$ cup milk
 $2\frac{1}{2}$ cups flour
5 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
1 cup chopped nuts
1 teaspoon vanilla

Cream shortening, add sugar, melted chocolate and mashed potatoes; mix well. Beat eggs separately and add yolks to the first mixture. Add milk and dry ingredients which have been sifted together. Beat well. Add nuts, vanilla and beaten whites of eggs. Mix thoroughly and bake in greased loaf tin in moderate oven 1 hour.

LADY CAKE

Old Way

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon almond extract
 $2\frac{1}{2}$ cups flour
3 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
whites of 6 eggs

New Way

4 tablespoons shortening
 $1\frac{1}{4}$ cups sugar
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon almond extract
 $2\frac{1}{2}$ cups flour
5 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
whites of 2 eggs

Cream shortening, add sugar, and mix thoroughly; add milk, a little at a time, alternately with the flour which has been sifted with the salt and baking powder; add flavoring and fold in stiffly beaten whites of eggs. Bake 45 minutes in deep narrow pans in a moderate oven; cover with white icing (page 10).

APPLE SAUCE CAKE

Old Way

$\frac{3}{4}$ cup butter
1 cup sugar
1 cup apple sauce
2 eggs
2 cups flour
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon cloves
 $\frac{1}{2}$ cup seeded raisins

New Way

$\frac{1}{2}$ cup shortening
1 cup sugar
1 cup apple sauce
No eggs
2 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon cloves
 $\frac{1}{2}$ cup seeded raisins

Cream shortening and sugar; add apple sauce. Mix and sift dry ingredients and add to first mixture. Mix well. Add raisins which have been sprinkled with flour. Bake in moderate oven 30 to 50 minutes.

LEMON APPLE FILLED CAKE

Old Way

6 tablespoons butter
1 cup sugar
2 eggs
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 $2\frac{1}{2}$ teaspoons Royal Baking Powder

New Way

4 tablespoons shortening
1 cup sugar
1 egg
 $\frac{3}{4}$ cup milk
 $1\frac{1}{2}$ cups flour
3 teaspoons Royal Baking Powder

Cream shortening; add sugar gradually. When mixture is very creamy add well beaten egg and milk. Mix and sift flour and baking powder and add slowly to first mixture. Bake in loaf tin in moderate oven 35 to 40 minutes. Cut in half and put together with Lemon Apple Filling.

LEMON APPLE FILLING

$\frac{3}{4}$ cup sugar
1 tablespoon flour
3 tablespoons lemon juice

1 tablespoon cold water
1 egg
1-16 teaspoon salt

1 apple

Mix sugar and flour in saucepan; add lemon juice, cold water, beaten egg, salt and apple which has been pared and grated. Heat to boiling point and boil two minutes, stirring constantly. Cool before spreading.

SPONGE CAKE

Old Way

5 eggs
1 cup sugar
1 teaspoon extract
1 cup flour
 $\frac{1}{4}$ teaspoon Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt

New Way

3 eggs
1 cup sugar
4 tablespoons cold water
1 teaspoon extract
1 cup flour
 $1\frac{1}{2}$ teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt

Beat yolks of eggs with sugar and stir in water and flavoring; sift dry ingredients together and add to previous mixture, beating well for five minutes; fold in well beaten whites of eggs and bake about 40 minutes in moderate oven.

ROYAL SPONGE CAKE

Old Way

1 cup sugar
 $\frac{1}{2}$ cup water
6 eggs
1 cup flour
1 teaspoon salt
1 teaspoon flavoring

New Way

1 cup sugar
 $\frac{1}{2}$ cup water
3 eggs
2 teaspoons Royal Baking Powder
1 cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ cup cold water
1 teaspoon flavoring

Boil sugar and water until syrup spins a thread and add to the stiffly beaten whites of eggs, beating until the mixture is cold. Sift together three times, the flour, salt and baking powder; beat yolks of eggs until thick. Add a little at a time, flour mixture and egg yolks, alternately to white of egg mixture, stirring after each addition. Add $\frac{1}{8}$ cup cold water and flavoring; mix lightly and bake in moderate oven about one hour.

WHITE LAYER CAKE

Old Way

$\frac{2}{3}$ cup butter
1 cup granulated sugar
 $\frac{1}{2}$ cup water
2 cups flour
2 teaspoons Royal Baking Powder
whites of 3 eggs
 $\frac{1}{2}$ teaspoon salt
1 teaspoon extract

New Way

$\frac{1}{2}$ cup shortening
1 cup granulated sugar
 $\frac{2}{3}$ cup water
2 cups flour
3 teaspoons Royal Baking Powder
whites of 2 eggs
 $\frac{1}{2}$ teaspoon salt
1 teaspoon extract

Cream shortening and sugar together until very light; add water slowly almost drop by drop, and beat constantly; add flavoring, stir in the flour, salt and baking powder which have been sifted together twice; fold in the whites of eggs which have been beaten until stiff and dry; pour into two greased layer cake tins and bake in moderate oven 20 to 25 minutes. Put together with the following:

MOCHA ICING AND FILLING

1 tablespoon butter
1 cup confectioner's sugar
 $\frac{1}{4}$ teaspoon salt

1 tablespoon cocoa
2 tablespoons strong coffee

Cream butter and sugar and stir until very creamy; add cocoa, coffee and salt and stir until smooth. If too dry add more coffee and if too moist, more sugar, spread between layers and on top of cake.

CREAM LAYER CAKE

Old Way

1 cup sugar
 $\frac{1}{2}$ cup milk
 2 cups flour
 2 teaspoons Royal Baking Powder
 3 eggs
 $\frac{1}{2}$ cup butter
 1 teaspoon flavoring

New Way

1 cup sugar
 1 cup milk
 2 cups flour
 4 teaspoons Royal Baking Powder
 1 egg
 2 tablespoons shortening
 1 teaspoon flavoring

Cream the sugar and shortening together, then mix in the egg. After sifting the flour and baking powder together two or three times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth pour batter. Add the flavoring. Pour into two buttered layer cake tins and bake in a moderately hot oven for 20 minutes. Put together with Cream Filling and cover top and sides with White Icing.

CREAM FILLING

$\frac{1}{4}$ cup sugar
 2 tablespoons cornstarch
 1 teaspoon butter
 1 cup milk
 1 teaspoon flavoring

Mix cornstarch with a little of the cold milk and stir into boiling milk. Add butter and sugar; boil 5 minutes. When nearly cold, add flavoring and spread between layers.

CHOCOLATE LAYER CAKE

Old Way

$\frac{1}{2}$ cup butter
 1 cup sugar
 1 cup milk
 2 cups flour
 2 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon vanilla
 3 eggs

New Way

$\frac{1}{2}$ cup shortening
 1 cup sugar
 1 cup milk
 $1\frac{1}{2}$ cups flour
 4 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon vanilla
 1 egg

Cream shortening; add sugar gradually, beaten egg, one-half the milk and mix well. Add one-half the flour which has been sifted with salt and baking powder, the rest of the milk, then the rest of the flour and add flavoring. Bake in greased layer cake tins in moderate oven 15 to 20 minutes.

CHOCOLATE FILLING AND ICING

2 cups confectioner's sugar
 boiling water
 1 teaspoon vanilla
 $1\frac{1}{2}$ ounces unsweetened chocolate ($1\frac{1}{2}$ squares)
 $\frac{1}{2}$ teaspoon grated orange peel

To the sugar add boiling water very slowly to make a smooth paste. Add vanilla, melted chocolate and orange peel. Spread between layers and on top of cake.

COCOANUT LAYER CAKE

Make layers as for WHITE LAYER CAKE, fill and cover with
 COCOANUT FILLING AND ICING

$\frac{1}{4}$ cup cream
 1 cup grated cocoanut
 2 cups confectioner's sugar
 1 teaspoon vanilla

To the cream add enough sugar slowly to make paste stiff enough to spread. Add one teaspoon vanilla; spread on cake and sprinkle with the cocoanut while the icing is still soft.

COCOANUT AND ORANGE LAYER CAKE

Old Way

- 4 eggs
- 6 tablespoons granulated sugar
- $\frac{3}{4}$ cup flour
- 1 teaspoon Royal Baking Powder
- 1 orange
- 4 tablespoons butter
- 1 cup powdered sugar
- 1 cup water
- 1 cup grated cocoanut

New Way

- 2 eggs
- 6 tablespoons granulated sugar
- $\frac{3}{4}$ cup flour
- 2 teaspoons Royal Baking Powder
- 1 orange
- 3 tablespoons shortening
- 1 cup powdered sugar
- 1 cup water
- 1 cup grated cocoanut

Reserve white of one egg for filling. Beat balance of eggs with granulated sugar in basin over pan of boiling water until warm; remove from pan and beat until thick. Add flour mixed with baking powder and part of grated rind of orange; add melted shortening and $\frac{1}{4}$ cup orange juice, mixing gently. Bake in two greased and floured layer cake tins about ten minutes in moderate oven. Turn out and cool. Boil powdered sugar and water in saucepan until syrup forms soft ball when tried in cold water. Beat white of one egg to stiff froth; pour hot syrup over it slowly, beating all the time; then stir in cocoanut and a little orange rind and beat until thick. Place between layers and on top of cake.

COFFEE SPICE CAKE WITH MOCHA FILLING

Old Way

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup strong coffee
- 2 cups flour
- 2 teaspoons Royal Baking Powder
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- $\frac{3}{4}$ teaspoon allspice

New Way

- $\frac{1}{2}$ cup shortening
- 1 cup sugar
- 1 egg
- $\frac{1}{2}$ cup strong coffee
- 2 cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- $\frac{3}{4}$ teaspoon allspice

Cream shortening and sugar and beat until light; add well beaten yolk of egg; add coffee slowly; add flour sifted with baking powder, salt and spices; mix well; fold in well beaten white of egg. Pour into greased layer cake tins and bake in moderate oven 25 to 30 minutes.

MOCHA ICING AND FILLING

- 1 $\frac{1}{2}$ tablespoons butter
- 2 $\frac{1}{2}$ cups confectioner's sugar
- 2 $\frac{1}{2}$ tablespoons cocoa

- 4 tablespoons strong coffee
- $\frac{1}{4}$ teaspoon salt

Cream butter and sugar; add cocoa, coffee and salt and stir until smooth. Spread between layers and on top of cake.

JELLY ROLL

Old Way

- 1 cup sugar
- 1 cup flour
- 1 $\frac{1}{2}$ teaspoons Royal Baking Powder
- 3 eggs
- 6 tablespoons hot water

New Way

- 1 cup sugar
- 1 $\frac{1}{2}$ cups flour
- 3 teaspoons Royal Baking Powder
- 1 egg
- 6 tablespoons hot water

Mix and sift dry ingredients; stir in well beaten egg; add hot water; beat until smooth; pour into large well greased pan. Batter should be not more than $\frac{1}{4}$ inch thick for cakes to roll nicely. Bake in slow oven. Turn out on sheet of brown paper, well dusted with powdered sugar. Beat jelly with fork and spread on cake. With sharp knife trim of all crusty edges and roll up while still warm by lifting one side of the paper. To keep the roll perfectly round, roll up in cloth until cool.

CHOCOLATE SPONGE ROLL

Old Way

- 4 eggs
- 1 cup sugar
- $\frac{1}{4}$ cup hot water
- 1 teaspoon vanilla
- 2 squares chocolate
- 2 tablespoons butter
- $1\frac{1}{4}$ cups flour
- 1 teaspoon Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt

New Way

- 2 eggs
- 1 cup sugar
- $\frac{1}{4}$ cup hot water
- 1 teaspoon vanilla
- 2 squares chocolate
- 2 tablespoons shortening
- $1\frac{1}{4}$ cups flour
- 2 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon salt

Add sugar slowly to well beaten eggs, then hot water. Add vanilla, melted chocolate and melted shortening without beating. Sift flour, baking powder and salt together three times and sift into mixture, folding in as lightly as possible. Pour into large baking pan lined with oiled paper (batter should be not more than $\frac{1}{4}$ inch thick) and bake in slow oven about 20 minutes. Turn out on a damp hot cloth; spread with Royal Icing and roll while still warm. Cover with chocolate icing (page 15) if desired.

ROYAL ICING

- 1 cup granulated sugar
- 1 teaspoon Royal Baking Powder

- $\frac{1}{2}$ cup water
- 1 teaspoon vanilla

Boil sugar, baking powder and water until mixture makes soft ball when tested in cold water. Remove from fire, and when bubbling stops pour out on wet platter; cool, add vanilla and work up with knife until white and thick. If too hard to spread melt in double boiler.

RAISIN CUP CAKES

Old Way

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups flour
- 2 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon vanilla
- 1 cup seeded raisins

New Way

- $\frac{1}{2}$ cup shortening
- 1 cup sugar
- 1 egg
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ teaspoon vanilla
- 1 cup seeded raisins

Cream shortening; add sugar and stir in well beaten egg. Add milk, and flour which has been sifted with baking powder. Mix well; add vanilla and raisins which have been washed, dried and floured. Bake in greased individual cake tins in moderate oven 20 to 25 minutes.

COCOA DROP CAKES

Old Way

- 5 tablespoons butter
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ cup milk
- 2 eggs
- $1\frac{1}{2}$ cups flour
- $1\frac{1}{2}$ teaspoons Royal Baking Powder
- $\frac{1}{2}$ cup cocoa
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla

New Way

- 4 tablespoons shortening
- $1\frac{1}{4}$ cups sugar
- $\frac{1}{2}$ cup milk
- 1 egg
- $1\frac{1}{2}$ cups flour
- 3 teaspoons Royal Baking Powder
- $\frac{1}{2}$ cup cocoa
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla

Mix shortening and sugar until smooth; add milk and well beaten egg; mix well. Sift flour, baking powder, salt and cocoa into mixture and stir until smooth. Add vanilla. Grease muffin tins; put one tablespoon of mixture into each and bake in hot oven about 20 minutes.

HONEY DROP CAKES

Old Way

$\frac{3}{4}$ cup butter
 $\frac{1}{2}$ cup sugar
 1 cup honey
 2 eggs
 1 tablespoon lemon juice
 3 cups flour
 3 teaspoons Royal Baking Powder

New Way

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sugar
 1 cup honey
 1 egg
 1 tablespoon lemon juice
 3 cups flour
 4 teaspoons Royal Baking Powder

Cream shortening and add sugar slowly; add honey, beaten egg yolk and lemon juice. Mix well and add flour which has been sifted with baking powder. Fold in the beaten white of egg. Bake in greased individual tins in moderate oven 25 to 30 minutes.

ORANGE DROP CAKES

Old Way

4 tablespoons butter
 1 cup sugar
 $\frac{3}{4}$ cup milk
 2 eggs
 2 cups flour
 3 teaspoons Royal Baking Powder
 $\frac{1}{8}$ teaspoon salt
 1 teaspoon orange extract
 grated rind of 1 orange

New Way

3 tablespoons shortening
 1 cup sugar
 $\frac{3}{4}$ cup milk
 1 egg
 2 cups flour
 4 teaspoons Royal Baking Powder
 $\frac{1}{8}$ teaspoon salt
 1 teaspoon orange extract
 grated rind of 1 orange

Cream shortening and sugar together; add milk slowly; then add well beaten egg. Sift flour, baking powder and salt, and add to mixture; mix well. Add flavoring and grated orange rind. Grease individual cake tins, put a spoonful of the mixture into each and bake in hot oven 15 to 20 minutes. Sprinkle with powdered sugar or cover with the following:

ORANGE ICING

$1\frac{1}{2}$ cups confectioner's sugar
 2 tablespoons boiling water

1 teaspoon lemon juice
 grated rind of 1 orange

Add water slowly to sugar until a smooth paste. Add flavoring and spread on cakes.

LADY FINGERS

Old Way

3 eggs
 $\frac{1}{2}$ cup powdered sugar
 $\frac{1}{3}$ cup flour
 1-16 teaspoon salt
 $\frac{1}{4}$ teaspoon vanilla

New Way

1 egg
 $\frac{1}{2}$ cup powdered sugar
 1-16 teaspoon salt
 $\frac{2}{3}$ cup flour
 $\frac{1}{4}$ teaspoon vanilla
 3 tablespoons hot water
 1 teaspoon Royal Baking Powder

Beat white of egg until stiff and dry; add sugar gradually and continue beating; add yolk of egg beaten until thick; then flavoring and hot water. Fold in flour which has been sifted with the salt and the baking powder. Put into lady finger tins, sprinkle with powdered sugar and bake 8 minutes in moderate oven; remove from tins while hot.

COCOANUT COOKIES

Old Way

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sugar
 1 egg
 2 tablespoons milk
 $\frac{1}{2}$ teaspoon lemon extract
 $1\frac{1}{4}$ cups grated cocoanut
 $1\frac{1}{2}$ cups flour
 1 teaspoon Royal Baking Powder
 $\frac{1}{8}$ teaspoon salt

New Way

$\frac{1}{3}$ cup shortening
 $\frac{1}{2}$ cup sugar
 No eggs
 3 tablespoons milk
 $\frac{1}{2}$ teaspoon lemon extract
 $1\frac{1}{4}$ cups grated cocoanut
 $1\frac{1}{2}$ cups flour
 2 teaspoons Royal Baking Powder
 $\frac{1}{8}$ teaspoon salt

Cream shortening and sugar together; add milk, lemon extract and cocoanut; add flour which has been sifted with baking powder and salt; mix well; roll out lightly on floured board. Cut with cookie cutter. Bake on greased tins in moderate oven 15 to 20 minutes.

HERMITS

Old Way

$\frac{2}{3}$ cup butter
 1 cup sugar
 2 eggs
 $1\frac{3}{4}$ cups flour
 1 teaspoon Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon cloves
 1 teaspoon allspice
 1 teaspoon cinnamon
 1 cup seeded raisins
 2 tablespoons citron

New Way

$\frac{1}{2}$ cup shortening
 1 cup sugar
 3 tablespoons milk
 2 cups flour
 3 teaspoons Royal Baking Powder
 $\frac{1}{4}$ teaspoon salt
 1 teaspoon cloves
 1 teaspoon allspice
 1 teaspoon cinnamon
 1 cup seeded raisins
 2 tablespoons citron
 No eggs

Cream shortening, add sugar. Mix well and add milk very slowly. Sift flour, baking powder and spices together and add slowly to the first mixture. Chop the fruit, dredge with flour and add. Roll out thin on floured board. Cut with cookie cutter. Bake on greased tins in moderate oven 15 minutes.

SAND TARTS

Old Way

$\frac{2}{3}$ cup butter
 1 cup sugar
 2 eggs
 1 tablespoon water
 2 cups flour
 $\frac{1}{2}$ teaspoon Royal Baking Powder
 $\frac{1}{4}$ cup almonds

New Way

$\frac{1}{2}$ cup shortening
 1 cup sugar
 1 egg
 1 tablespoon water
 2 cups flour
 2 teaspoons Royal Baking Powder
 $\frac{1}{4}$ cup almonds

Cream shortening, add sugar, beaten egg and water. Sift flour and baking powder together and add to first mixture until stiff enough to roll out on board. Roll very thin, cut into squares, sprinkle with granulated sugar and cinnamon, place two or three blanched almonds on each tart and bake in hot oven six to ten minutes.

CREAM PUFFS

Old Way

$\frac{1}{2}$ cup butter
1 cup boiling water
4 eggs
1 cup flour

New Way

$\frac{1}{2}$ cup shortening
1 cup boiling water
3 eggs
 $1\frac{1}{3}$ cups flour
1 teaspoon Royal Baking Powder

Heat water and shortening in saucepan until boiling point is reached, add sifted flour all at once and stir vigorously. Remove from the fire as soon as mixed and add unbeaten eggs, one at a time, beating mixture thoroughly; add baking powder. Drop by spoonfuls $1\frac{1}{2}$ inches apart on greased tin. Shape into circular form with wet spoon. Bake 30 minutes in moderate oven. With sharp knife cut to admit filling.

CREAM FILLING

1 cup sugar
 $\frac{1}{2}$ cup cornstarch
 $\frac{1}{2}$ teaspoon salt

1 egg
2 cups scalded milk
1 teaspoon vanilla

Mix dry ingredients, add egg slightly beaten and stir into this gradually the scalded milk. Cook about 15 minutes in double boiler, stirring constantly until thickened. Cool slightly and flavor.

Old Way

whites of 4 eggs
 $\frac{1}{4}$ teaspoon vanilla
1 cup granulated sugar

MERINGUES

New Way

whites of 2 eggs
 $\frac{1}{4}$ teaspoon vanilla
2 teaspoons Royal Baking Powder
1 cup granulated sugar

Beat whites of eggs until stiff and dry; add gradually two-thirds of sugar, and continue beating until mixture holds shape. Fold in remaining sugar sifted with baking powder; add vanilla. Drop by spoonfuls on unglazed paper and bake in moderate oven 25 to 30 minutes.

EGGLESS PLUM PUDDING

1 cup bread crumbs
2 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon cloves
1 teaspoon cinnamon

1 cup chopped suet
1 cup seeded raisins
1 chopped apple
1 cup molasses
1 cup milk
 $\frac{1}{2}$ teaspoon salt

Mix the dry ingredients thoroughly; add the suet and the prepared fruit. Mix well and add gradually the molasses and milk, stirring continually. Steam $2\frac{1}{2}$ hours. Serve with hard sauce.

STRAWBERRY PUDDING

Old Way

5 tablespoons butter
 $\frac{1}{4}$ cup sugar
2 eggs
1 cup milk
2 cups flour
2 teaspoons Royal Baking Powder
1 teaspoon salt
1 quart strawberries

New Way

4 tablespoons shortening
 $\frac{1}{4}$ cup sugar
1 egg
1 cup milk
2 cups flour
4 teaspoons Royal Baking Powder
1 teaspoon salt
1 quart strawberries

Cream shortening, add sugar slowly. Add beaten yolk of egg. Add milk, and the flour, baking powder and salt which have been sifted together. Then fold in the white of egg. Pour one-half the batter into greased shallow pan; add a layer of berries which have been crushed. Pour remainder of batter over berries and bake in hot oven about 20 minutes. Sprinkle top with granulated sugar. Remove from pan and cover with remainder of berries. Serve with cream. Blackberries or raspberries may be used instead of strawberries.

CHOCOLATE PUDDING

Old Way

1 cup sugar
 1½ cups flour
 ½ teaspoon salt
 1 teaspoon Royal Baking Powder
 2 eggs
 1 cup milk
 4 squares chocolate
 1 cup walnuts
 1 teaspoon vanilla
 2 tablespoons melted butter

New Way

1 cup sugar
 1½ cups flour
 ½ teaspoon salt
 3 teaspoons Royal Baking Powder
 No eggs
 1 cup milk
 4 squares chocolate
 1 cup walnuts
 1 teaspoon vanilla
 2 tablespoons melted shortening

Sift sugar, flour, salt and baking powder together and add milk. Melt chocolate and shortening and add; beat well, add the vanilla and nuts. (Nuts may be omitted.) Fill greased Royal Baking Powder cans ¾ full and steam about an hour. Serve hot with hard sauce.

HARD SAUCE

1 cup butter
 1 cup powdered sugar
 2 tablespoons boiling water
 ¼ teaspoon grated nutmeg
 ⅛ teaspoon ground mace

Wash butter and work it thoroughly; cream with the sugar, nutmeg and mace. Add boiling water very slowly, beating constantly. Smooth into shape and set aside to cool.

CHOCOLATE SOUFFLE

Old Way

2 tablespoons butter
 2 tablespoons flour
 ¾ cup milk
 ⅓ cup sugar
 2 tablespoons hot water
 3 eggs
 1½ squares chocolate
 ½ teaspoon vanilla

New Way

2 tablespoons shortening
 3 tablespoons flour
 1½ teaspoons Royal Baking Powder
 ¾ cup milk
 ⅓ cup sugar
 2 tablespoons hot water
 1 egg
 1½ squares chocolate
 ½ teaspoon vanilla

Melt the shortening; add the flour and milk. Heat until boiling point is reached. Melt the chocolate, add sugar and water and stir until smooth. Combine the mixtures, add the well beaten yolk of egg and cool. Add baking powder and vanilla; fold in white of egg beaten stiff. Turn into greased baking dish and bake in moderate oven about ½ hour. Serve with whipped cream.

BANANA FRITTERS

Peel six bananas, scrape and cut into halves lengthwise. Sprinkle with granulated sugar, squeeze a few drops of lemon juice on each and allow to stand 15 or 20 minutes. Dip each piece in batter and fry in deep hot fat until brown; drain, sprinkle with powdered sugar and serve.

BATTER

Old Way

1½ cups flour
 1 teaspoon Royal Baking Powder
 ¼ teaspoon salt
 ¾ cup milk
 1 egg

New Way

1½ cups flour
 2 teaspoons Royal Baking Powder
 ¼ teaspoon salt
 1 cup milk
 No eggs

Sift together flour, baking powder and salt; add milk. Beat well until smooth.

ORANGE FRITTERS

Peel three oranges and separate into sections. Remove any seeds, taking care to cut the orange as little as possible. Dip each section into the batter and drop into deep hot fat. Sprinkle with powdered sugar. For batter see BANANA FRITTERS.

PUMPKIN PIE

Old Way

1 quart stewed and strained
pumpkin
1 cup milk
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon ginger
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
2 eggs

New Way

1 quart stewed and strained
pumpkin
1 cup milk
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon ginger
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
2 teaspoons Royal Baking
Powder
No eggs

Mix ingredients in order given. Bake in one crust in hot oven until crust is baked.

PIE CRUST

1 cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup shortening

2 teaspoons Royal Baking
Powder
cold water to make a dough

Sift dry ingredients into bowl; mix in shortening with tips of fingers or cut in with knife; add cold water slowly to make rather soft dough. Roll out very thin; line pie plate, trim off edges and add filling.

CHEESE SOUFFLE

Old Way

2 tablespoons butter
2 tablespoons flour
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon salt
few grains cayenne
1 cup grated cheese
3 eggs

New Way

1 tablespoon shortening
1 cup grated cheese
1 cup hot milk
 $\frac{1}{2}$ teaspoon salt
few grains cayenne
1 cup soft bread crumbs
1 egg
3 teaspoons Royal Baking
Powder

Melt shortening and mix with cheese, milk, seasoning, bread crumbs and beaten egg yolk. Cook for about 3 minutes or until well blended. Remove from fire; add baking powder and fold in beaten white of egg. Bake in greased dish in moderate oven about 30 minutes. Serve immediately.

To obtain the best results in the foregoing recipes you must use Royal Baking Powder, which is made from cream of tartar, derived from grapes.

Cheaper baking powders made from alum and other mineral substitutes often leave a bitter taste.

SOME SECRETS OF GOOD COOKING

The addition of one or two teaspoons of Royal Baking Powder to **pie crust** and other plain pastry will add wonderfully to its qualities, making it very light and fluffy.

A teaspoon of Royal Baking Powder added to a dish of **mashed or creamed potatoes** greatly improves its appearance.

Royal Baking Powder may be added with great advantage to **bread pudding, poultry dressing** and other preparations in which broken bread or bread crumbs are used.

A little Royal Baking Powder added to **stuffed or deviled crabs** furnishes a fluffy lightness particularly appetizing.

Omelets are improved by the addition of a small amount, a teaspoon or less, of Royal Baking Powder.

An excellent **rice pudding** may be made **without eggs** by combining a cup of milk, one-half cup cooked rice, one and one-half tablespoons cornstarch, one and one-half teaspoons Royal Baking Powder, one-half cup raisins, one-half cup sugar and one-half teaspoon vanilla. Bake in a moderate oven about one-half hour.

Royal Baking Powder is also used to advantage in making the **batter** when chicken, chops, fritters, etc., are fried in deep fat.

White and boiled icings are improved in texture and flavor by the addition of about a teaspoon of Royal Baking Powder. The icings are made more fluffy and decorative effects are more easily accomplished.

Absolutely Pure



Made from Cream of Tartar, derived from Grapes,
adds none but healthful qualities to the Food.

No Alum

No Phosphate